

Sleep (To Be Retitled When I Think of A Better One - Note That I Am Posting This at 2:30 AM)

Post by “Kalosyni” of February 11, 2022 at 7:35 PM

I just found this interesting article...which says: "Take sleep problems seriously" as poor sleep quality could lead to future depression:

Quote

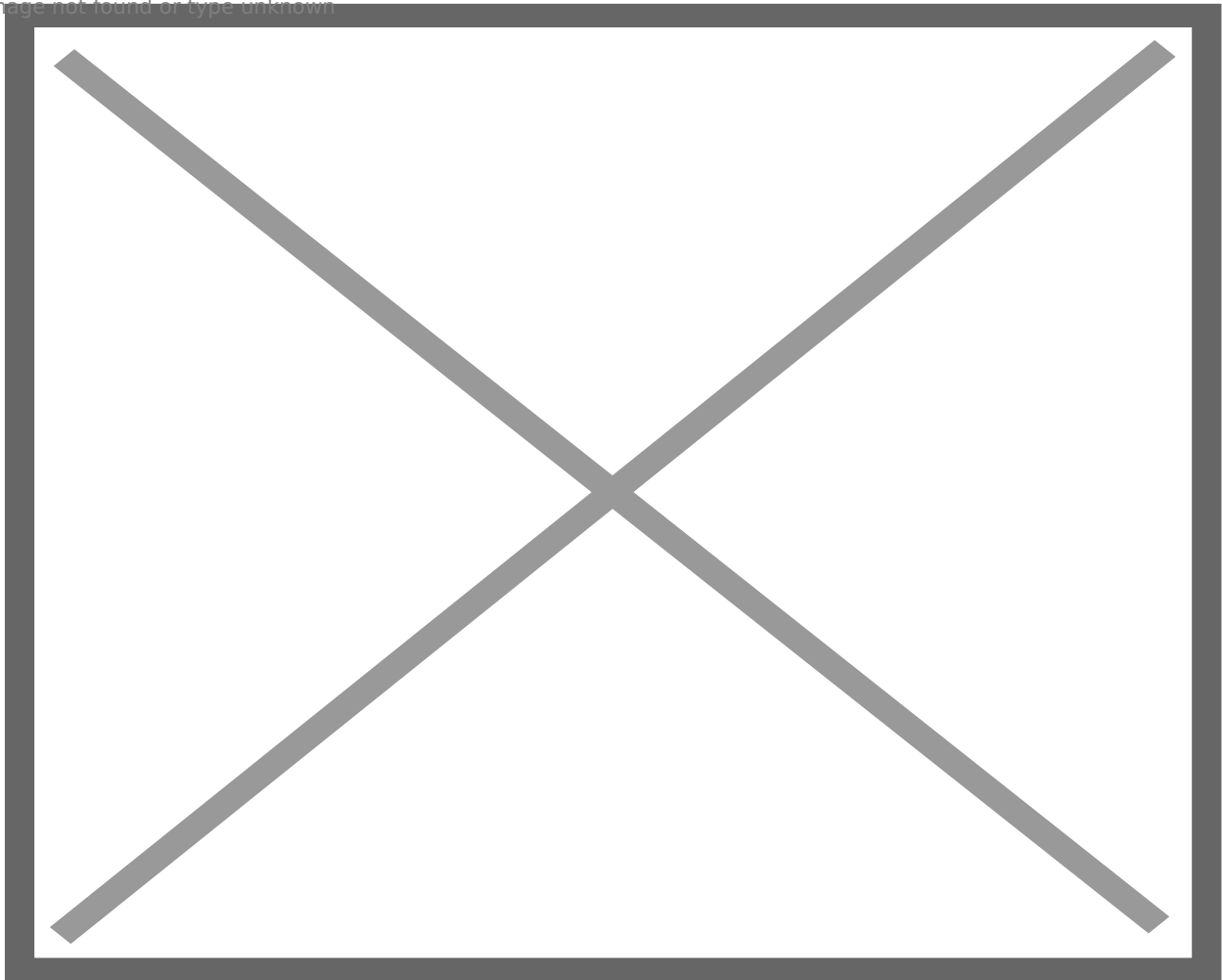
Take sleep problems seriously.

You should tell your doctor if you:

- have trouble falling or staying asleep
- feel tired during the day
- have physical pain, discomfort or other complaints (for instance, signs of obstructive sleep apnea or pauses in breathing at night) that prevent you from getting a good night's sleep

Treatments such as cognitive behavioral therapy for insomnia and continuous positive airway pressure (CPAP) devices for apnea can restore good sleep, helping you sidestep related conditions like depression. (People with sleep apnea have a fivefold higher risk of depression.)

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[Depression and Sleep: Understanding the Connection](#)

People with insomnia have a higher risk of depression. On the other hand, depression can trigger sleep problems. Knowing the connection between depression and...

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